

Infant Foods

Infant Formula

BUY:

- ✓ Brand, type, and size shown on check

Go to a WIC-approved pharmacy to buy hard-to-find formula.

DO NOT BUY:

- ✗ Organic formula



Infant Cereal

BUY:

- ✓ Brand shown on check
- ✓ Dry, 8 or 16 ounce size box

DO NOT BUY:

- ✗ Organic or with DHA, fruit, or formula
- ✗ Jar or can



Infant Vegetables & Fruit

BUY:

- ✓ Brand, type, and size shown on check
- ✓ Plain vegetables or combination of vegetables (example: carrots and yams)
- ✓ Plain fruit or combination of fruits (example: apples and bananas)
- ✓ Multi-packs OK (a 2 pack = 2 containers)

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With meat, yogurt, cereal, pasta, or rice
- ✗ Dinners, desserts, soups, stews, or diced
- ✗ Less than 3.5 or greater than 4 ounce container



Infant Meat

BUY IF PRINTED ON CHECK:

- ✓ Brand, type, and size shown on check
- ✓ Plain chicken, turkey, beef, lamb, veal, or ham

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With added vegetables, fruit, rice, cereal, or pasta
- ✗ Dinners, meat sticks, stews, or soups



Soy Beverage

BUY:

- ✓ Container size shown on check
- ✓ Half gallons (refrigerated): 8th Continent Original
- ✓ Quarts (shelf-stable): Pacific Natural Foods Ultra Soy Plain


DO NOT BUY:

- ✗ Any flavors
- ✗ Light or fat-free

Tofu

BUY:

- ✓ Amount shown on check
- ✓ 12 to 16 ounce container



AZUMAYA: Extra Firm, Firm, Silken, Lite Extra Firm

HOUSE: Extra Firm, Firm, Medium Firm (Regular), Soft (Silken)

NASOYA: Extra Firm, Firm, Cubed, Soft, Silken, Lite Firm, Lite Silken

DO NOT BUY:

- ✗ Less than 12 or greater than 16 ounce container
- ✗ With added sodium, flavoring, fat, or oil

QUESTIONS? Ask your WIC staff or call the State WIC Office at 1-800-242-4WIC (4942) or visit our website at www.mdwic.org

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MARYLAND WOMEN, INFANTS & CHILDREN PROGRAM

Better nutrition choices for a brighter future



WIC AUTHORIZED FOODS LIST

JANUARY 2011

Bring this list when you shop for WIC foods!

Milk

BUY:

- ✓ Store brand if available
- ✓ Container size shown on check
- ✓ 1% (low fat) or fat-free (nonfat) if woman or child 2 years and older
- ✓ Whole milk if child less than 2 years


BUY IF PRINTED ON CHECK:

- ✓ Lactose-reduced or lactose-free
- ✓ Powdered (dry, whole or nonfat)
- ✓ Evaporated (whole or nonfat)
- ✓ UHT (Ultra High Temperature)
- ✓ Kosher

DO NOT BUY:

- ✗ 2% milk or buttermilk
- ✗ Chocolate or other flavor
- ✗ Organic, rice, or goat milk
- ✗ Sweetened condensed

Cheese

BUY:

- ✓ Block or sliced
- ✓ American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Provolone, or Swiss
- ✓ Low fat, reduced fat, and low sodium OK


DO NOT BUY:

- ✗ Size less than 8 ounces
- ✗ Organic or imported
- ✗ Deli, string, or individually wrapped
- ✗ Cheese food, spread, or product
- ✗ Cream cheese
- ✗ Shredded, crumbled, or cubed
- ✗ With flavors, nuts, peppers, or crackers

Eggs

BUY:

- ✓ Store brand if available
- ✓ White, medium or large
- ✓ One dozen only


DO NOT BUY:

- ✗ Organic, brown, fertile, or cage free
- ✗ Low fat or cholesterol free, omega-3, pasteurized, or other specialty eggs

Beans, Peas, Lentils

BUY:

- ✓ Beans like kidney, pinto, black, navy, garbanzo, or lima
- ✓ Split peas, blackeye peas, or lentils
- ✓ Dry, 16 ounce bag
- ✓ Canned, water pack, 14 to 16 ounce can


DO NOT BUY:

- ✗ Organic
- ✗ Green or wax beans, sweet peas*
- ✗ Soup, soup mixes, or with flavor packets
- ✗ Beans with sauce, meat, fat, or oil

**BUY with your WIC Fruit & Vegetable Check*

Peanut Butter

BUY:

- ✓ Plain, 16 to 18 ounce jar
- ✓ Smooth, crunchy, extra crunchy, creamy, or honey-roasted


DO NOT BUY:

- ✗ Organic, natural, or reduced fat
- ✗ Mixed with marshmallow, jelly, jam, honey, or chocolate
- ✗ Fresh-ground

Canned Fish

BUY IF PRINTED ON CHECK:

- ✓ Chunk light tuna, water pack, 5 to 6 ounce can
- ✓ Pink salmon, water pack, 5 to 7.5 ounce can
- ✓ Sardines, water pack, 3.75 ounce can


DO NOT BUY:

- ✗ Albacore or white tuna
- ✗ Red salmon
- ✗ Fish with added flavor or sauce
- ✗ Organic, low sodium, or gourmet
- ✗ Pouch, bowl, or kit

